

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A chair Chair having a seat and a backrest, a structure supporting the seat, and a base, ~~characterized in that wherein~~ said support structure has two lateral uprights and at least one projecting element provided with a substantially longitudinal guide, in that said backrest is associated with two right-angle elements, each of said right-angle elements having a first end connected to said backrest, a central part connected rotatably by means of a first hinging pin to a top end of one of said uprights of said structure supporting the seat and a second end connected to said seat by means of a second hinging pin, said seat being connected to said support structure also by means of a telescopic rod which can be shortened and lengthened in a resilient manner, and an element slidably engaged in said guide of said projecting element so that a backwards rotation of said backrest about the first hinging pins causes forwards sliding of said seat and vice versa.

2. (Currently Amended) A chair Chair according to Claim 1, ~~characterized in that wherein~~ the first hinging pins of said right-angle elements are situated above said seat.

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3. (Currently Amended) A chair ~~Chair~~ according to Claim 2, characterized in that wherein said first hinging pins of said right-angle elements are positioned such that the imaginary axis which connects them coincides substantially with the imaginary axis which connects the two hips of the user.

4.(currently amended) A chair ~~Chair~~ according to any one of the preceding Claims 1 to 3~~Claim 1~~, characterized in that wherein in that said first hinging pins are situated at about 60-100 mm above the plane of the seat.

5.(currently amended) A chair ~~Chair~~ according to any one of the preceding Claims 1 to 4~~Claim 1~~, characterized in that wherein said guide is parallel to a surface on which said chair is placed.

6.(currently amended) A chair ~~Chair~~ according to any one of the preceding Claims 1 to 4~~Claim 1~~, characterized in that wherein said guide is slightly inclined with respect to surface on which said chair is placed.

7. (Currently Amended) A chair ~~Chair~~ according to Claim 6, characterized in that wherein said seat is raised upwards through 3-7°.

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8. (Currently Amended) A chair ~~Chair~~ according to Claim 7, characterized in that wherein said seat is raised upwards through 5°.

9. (Currently Amended) A chair ~~Chair~~ according to Claim 6, characterized in that wherein said backrest is inclined backwards through 20-30°.

10. (currently amended) A chair ~~Chair~~ according to ~~one or more of Claims 6 to 9~~ Claim 6, characterized in that wherein the ratio between the angles of inclination of the seat and the backrest ranges from 1:10 to 1:5.

11. (Currently Amended) A chair ~~Chair~~ according to Claim 10, characterized in that wherein the ratio between the angles of inclination of the seat and the backrest is about 1:6.